



**Canadian Mental
Health Association**
Vernon & District
Mental health for all

Vernon & District Branch
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CANADIAN MENTAL HEALTH ASSOCIATION

VERNON & DISTRICT | ANNUAL REPORT | 2014-2015

Our Mission

As the nation-wide leader and champion for mental health, CMHA facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness.

Our Philosophy

We're committed to ensuring that our mission and operations embrace the whole community and actively encourage the entire community to participate and benefit fully from our services.

Visit Us Online

www.vernon.cmha.bc.ca



CMHA Vernon



@cmhavernonbc



“Mentally Healthy People In a Healthy Society”

“The last year has been challenging but at the same time, very rewarding. We have put in place many new procedures designed to make us more efficient in the way we run our branch and in the way we deliver our services. We are focused on making the community more aware of our activities through events, all media outlets, fundraising and increased membership. We have served our community for almost 60 years and plan to continue to do so well into the future. We would like to thank those members of the community who continue to support our efforts, and, of course, our members and donors. We look forward to working together with you in the year ahead.”

Yours Truly,

President Robert Scott & Executive Director Sue Rossi

CELEBRATING SUCCESS:

Ride Don't Hide 2014!
Successfully raised over
\$14,000 towards CMHA
Vernon's Programs &
Workshops
June 22, 2014



Clubhouse Program

Our recreation programs are regularly accessed by an average of 250 participants each month, enhancing socialization & recreation skills. The program provides leadership training, with opportunities for camping, fishing, boating and hiking. Our weekly activities & events support creativity & exercise ranging from art & guitar lessons, to swimming & floor hockey. These are just some of the activities, there are many more to participate in!

— Hannah Rail

We offer a diverse range of programs and services at the Vernon CMHA to individuals overcoming mental health issues. We take pride in tailoring our programs to the specific needs of our participants and the community. Interest surveys are completed by participants each year and are used to create future education and support programs as well as activities.

Clerical

With over 150 hours each week an average of 8 participants are responsible for answering a multi-line phone, assisting with walk-in queries from the public, notifying staff of appointments, using basic office equipment, and assisting with filing & collating.

— Sue Myhre

Janitorial/Maintenance

An average of 15 participants contribute approximately 200 hours per week keeping CMHA's downtown activity centre and housing facilities clean. Janitorial skills learned by participants in this program can be used for employment opportunities or be transferred to an individual's home or residence.

— Lenai Schmidt

Education & Support

Our groups are accessed by about 160 individuals each month. We offer a variety of educational workshops & classes designed to enhance the quality of individuals' lives by encouraging peer interaction & socialization. By limiting each group to no more than 12, we can address the individual needs of each participant.

— Marie-France Ladouceur

Educational Workshops

- ◆ Anger Management
- ◆ Anxiety Management
- ◆ Boundaries
- ◆ Breathe Easy (Stop Smoking)
- ◆ Money Matters
- ◆ Self-Care for Depression
- ◆ Self Esteem
- ◆ Tips for Stress Free Living

| REHABILITATION PROGRAMS |

Recycling Program

We offer individuals volunteer experience & a work ordered day to help manage the symptoms of a mental illness. With the combined contributions of 21 volunteer participants we service 22 schools and 76 other businesses in the Vernon area. There are an average of 11 runs per week with 10 pick ups per run. We are proud to be able to save 10,000 tons of waste from entering the landfill each year.

— Cheryl Doughty

Income Tax Workshops

Each year CMHA is able to assist up to 90 individuals to complete their income tax and get eligible refunds.

— Sue Myhre

Kitchen Program & Coffee Room

Each day the kitchen at CMHA serves a well balanced daily lunch for \$2.50. There are an average of 36 rotating volunteer participants involved in the operation of the daily kitchen program including lunch preparation, kitchen clean-up, baking, and coffee service. Volunteering together in the kitchen offers a time to socialize, learn cooking skills & how to prepare nutritious meals.

— Chris Harms

Lawn & Yard Maintenance

An average of 7 participants collectively work 70 hours each week maintaining the grounds on CMHA's 6 residential properties. The lawn & yard maintenance program provides participants excellent work experience & transferable skills.

— Zane Klym

Tips on Maintaining Mental Wellness

- ❖ Build a healthy self-esteem
- ❖ Eat well and keep fit
- ❖ Make friends who count

Crisis Line

Callers receive emotional support, referrals to appropriate agencies, and crisis intervention by trained volunteers. This year 1,972 Community Resources were provided to callers of which 2,783 calls were mental-emotional health related as well as 335 suicide related calls. Mental Health Emergency Services were accessed 39 times and 911 was accessed on 6 incidents.

Individuals can call the crisis line 24/7. For more information please visit

www.peopleinneed.ca

You don't need to be in crisis to call 1-888-353-2273

The Good Morning Program

Trained volunteers make regular calls to individuals who live on their own, are isolated and/or at risk for health concerns. A total of 16,761 phone calls were made to an average of 41 Good Morning Program participants this year. Each call is a non-intrusive, non-judgemental safety check that provides some social interaction.

If you or someone you know may benefit from this service please call 250-545-8074

COMMUNITY VOLUNTEERS: THE QUILTERS

We are very grateful to have a talented group of ladies commit over 60 volunteer hours of quilting each month. These beautiful quilts are sold at CMHA & the donated proceeds help fund Vernon CMHA programs. A huge thank you to Zoë Wakelin, Evelyn Davis, Diane Steeves, & Donna Riguidel for their continued support.

| COMMUNITY OUTREACH | AWARENESS LEADS TO CHANGE |

Young at Heart

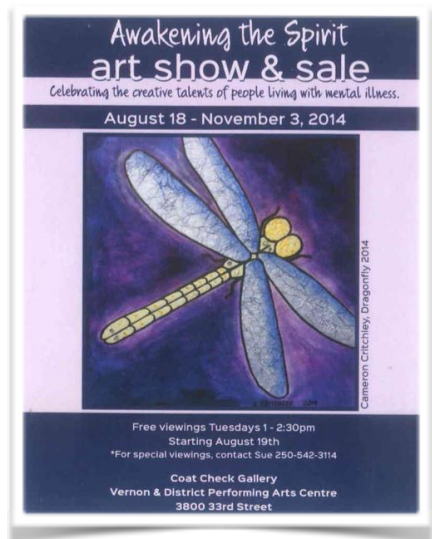
From Sept-June this senior's group meets once a week to rejuvenate memories, share personal stories, exercise and laugh together. Young at Heart offers educational components such as history and travel as well as fun entertainment including bingo, craft work & exploration of the Vernon area.

— Lenai Schmidt

Kitchen Connections

Kitchen connections provides basic knowledge around healthy eating (food for mood), budgeting, food safety, grocery shopping, understanding food labels, and cooking. This 10 week social & skill building group included 13 participants through the Early Psychosis Intervention Program.

— Sue M. & Hannah R.



Subsidized Housing

Our low income housing provides safe, supportive & secure opportunities to move families forward. We believe that supporting families with housing assists them in recovery by getting out of the crisis situation & breaking the cycle of poverty. We acquired our first building in 1983 and at present manage 150 units throughout Vernon. Our goal is to support people so that they can have the opportunity to improve their quality of life.

— Ellen Meyer

"I luv this day, once a month I get the best day ever" —
Bradley, Age 7

"Thank you so much for all you do so I can be here"
Aryssa, Age 8

Super Saturdays

Early intervention, prevention based program. Provided at no cost to children, ages 7-12 that have a parent or caregiver with a mental illness. Our group meets once a month for a sequence of activities including crafts, food preparation, educational games, and sports. The nature of the community based pilot program promotes connection and engagement in full. Parents are appreciative of both the opportunities for their children & the respite time for themselves.

— Sue M. & Hannah R.

AWAKENING THE SPIRIT:

Each year we celebrate the strengths, talents, and creativity of people living with mental illness through the Awakening the Spirit Art Show & Sale. There is a vital link between creativity and the well-being of us all. The power of art as a therapeutic activity can benefit the mental health of individuals and communities. The Art Show & Sale featured 25 artists, 62 works & sold 14 pieces! August 18 to November 3, 2014, at the Vernon and District Performing Arts Centre.

| COMMUNITY OUTREACH | AWARENESS LEADS TO CHANGE |

Living Life to the Full

LLTTF is an 8-week course that helps people to boost their mood, increase confidence and learn how to live a happier life. Two courses were held this year, one in the spring of 2014 and one in the fall of 2014. A total of 22 people attended the two courses.

— Tami Muhlert

Bounce Back

The program's eligibility criteria has recently expanded, giving us the ability to help more people struggling with low mood, depression and/or

BRINGING PEOPLE TOGETHER OVER THE HOLIDAYS:

This year's **Gift of Hope Campaign** (November 18-December 22, 2014) was successful in distributing gifts to over 200 people who may not have otherwise received Christmas gifts. CMHA also acknowledges the generous donations of gifts and food for the annual **Christmas Dinner & Dance** where over 200 guests enjoyed a delicious turkey dinner & live entertainment.

anxiety. This year the CMHA-Vernon Bounce Back Coaches handled 647 referrals. 466 referrals came from the local Okanagan region & 181 consisted of transfers from other regions, including Alberta and Nova Scotia.

— Tami Muhlert

Depression Screening

National Depression & Anxiety Screening (Oct. 5-Oct. 12, 2014). CMHA in the past has screened up to 800 students in School District 22. This year we did screening at Okanagan College for their mental health awareness day on November 6th.

— Sue Myhre

The Georgette Shop

Only with the help from our 50 volunteers who commit over 220 hours each week in the store has the Georgette Shop been able to thrive. We train in various aspects of retail including cash, store security, customer service, organizational skills, sorting and hanging clothing. Improvements in self-confidence, focus, and motivation are all vital aspects of this rewarding program.

— Art Harrigan

WOMEN IN WELLNESS:

Each year we celebrate the strength of women coming together whose lives have been impacted by mental illness or someone close to them. Our gala event includes a silent auction, entertainment and inspirational guest speakers. September 18, 2014

Peer Support Services

25 trained Peer Support Volunteers provide social contact for their peers who are isolated and not doing well with their illnesses. Approximately 33 people receive our services each month, as well as patients on the mental health ward. Peer Support also acts as a resource centre for those who are looking for information.

— Patricia Harding

Aberdeen and 24th Ave Residential Homes

In partnership with Interior Health, 27 people can stay at our 2 residential facilities while recovering from their mental illness. The homes are staffed 24 hours a day and provide quality care.



Canadian Mental Health Association Vernon & District

You Can Make a Difference!

Become a Member

Membership at the local, provincial, and national levels include:

- ◆ A voice in the direction of CMHA through the opportunity to elect or sit on the Governing Board
- ◆ A free subscription to the award winning *Visions Journal*

Support the Georgette Shop

Donate your good used items and/or shop in our thrift store & encourage your friends & family to do the same. Since the Georgette Shop is operated by dedicated volunteers, all proceeds support CMHA programs, activities & services in the North Okanagan Area.

Donate

All gifts are received with gratitude. Donations support the work we do and are not used to support staff wages or administrative costs. CMHA is a registered charitable organization and we do not sell or trade our donor lists.

Volunteer

Volunteering offers you an opportunity for fulfillment that comes from doing worthwhile work, and can be a satisfying outlet for your talents & interests. Contact our Branch Office anytime if you are looking to get involved. We have a program for you.

Leave a Planned Gift

The most common type is a charitable bequest, but more and more Canadians are realizing the benefits of giving through gifts of publicly traded stocks/mutual funds & life insurance policies.

Talk About Us!

Speak to your friends, family, neighbours & co-workers about the work that we do.

Looking Forward: 2015-2016 Goals

- ◆ Further community involvement through memberships & partnerships
- ◆ Reduce the stigma surrounding mental illness & educate the broad public
- ◆ Continue to expand our programming towards youth & family services

Board of Directors

- Robert Scott — President
- Tom Christensen — Vice President
- Bryony Davis — Secretary
- Matt Garcia – Treasurer
- Tom Nolan — Director
- Dave Mackenzie — Director
- Twylla Genest — Director
- Richard Finn — Director
- Cliff Cross — Director
- Sue Rossi — Executive Director

Funders & Partners

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- BC Housing
- BC Government-Gaming
- Interior Health Authority
- BC Housing
- United Way – North Okanagan
- Columbia Shuswap
- Community Action Innovation
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